



FOR  
PROFESSIONAL &  
EXECUTIVE  
WOMEN

# UPBEAT

February 2011  
Volume 21  
Issue 2

February 2011  
Featured Speaker  
Pat Whipple



Please join us this month to learn more about giving ourselves a **financial check up**. We often think about our physical health, but not necessarily our financial health. Pat will provide us some things to think about as women to make sure we are on the right track to financial stability and success.

Pat Whipple has over 30 years of experience in the securities industry. She is passionate about putting her clients first, and is dedicated to providing her clients with the finest individually tailored approach to financial and investment strategies. She holds the Chartered Retirement Planning Counselor and Certified Special Needs Advisors designations.

On a personal side, she is a student of glass blowing and loves working with all aspects of glass.

Pat also spent many years showing our dogs at AKC Dog shows, but is now dedicated to finding homes for animals that need to be adopted.

Please join us to learn more about what we can do to help ourselves, starting NOW.

Pat can be reached at : 706-494-5336 or  
[patricia\\_whipple@ml.com](mailto:patricia_whipple@ml.com)





## President's Message

### Sommer Bundy

#### Have a Heart; Sympathy Vs Empathy

This month I would like to share with you a personal and professional struggle that I have dealt with and hope that it may be “food for thought” for you as well.

How often have you had someone in your office or store that was dealing with a situation you could relate to? Did you go above and beyond to help them because you could relate to their situation and you were doing for them what you would have wanted someone to do for you? How do you handle the situation when there is a customer or team member that you cannot relate to and could never imagine yourself in their situation?

One lesson that I learned from my mom early in my career, in regards to people, is there is a difference in *sympathy* and *empathy*! The Merriam-Webster dictionary defines *sympathy* as the act or capacity of entering into or sharing the feelings or interests of another and the emotional and mental state that results due to the sensitivity experienced. Sympathy is experienced when the emotions of one person cause and bring about similar emotions in another person. This results in a state of mind where the feeling is shared by both

people.

The Merriam-Webster dictionary defines *empathy* as the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner.

So what is the difference? While *empathy* is the ability to understand and perceive another's emotions and also experience it vicariously, *sympathy* is feeling concern and care for a person who is experiencing certain negative feelings. While *compassion* is felt in both cases, *sympathy* can be felt for someone you do not know or are acquainted with, while *empathy* is generally felt for someone whom you know. *Empathy* is an act of listening and understanding someone's feelings without getting involved and *sympathy* is an act of reacting when someone expresses emotions.



Next time that you are with a customer or maybe a team member, perhaps knowing the difference in sympathy and empathy will help you in making the right decision. I have learned that you can still have a heart with empathy when there is no sympathy!

*Sommer*

## BIRTHDAYS



January

Ruth Layton	2
Pat Whipple	5
Jennifer Horne	19
Kathy Reeves	24

Colette Daniel	2/12
March Burnette	2/12
Joanne Cavis	2/13
Tana McHale	2/13
Teresa Tomlinson	2/19
Donna Morgan	2/25
Jann McMahan	2/25
Angela Garnto	2/27



## 2010 LUNCH DATES

### *Reservations are Required*

Lunch meetings are held on the fourth Friday of each month at Green Island Country Club (except December). Lunch is served at 11:45 AM. Come early and enjoy networking beginning at 11:30 AM.

Prospective members are encouraged to attend two lunch meetings prior to applying for membership. See a Board Member or the Registration table at a luncheon to obtain an application and find out more about the qualifications for membership.

Please RSVP directly on our new website: [networkforprofessionalwomen.com](http://networkforprofessionalwomen.com). You may also reach Jann McMahan with any questions at (706) 561- 9800.

### Luncheon Dates

February 25  
 March 25  
 April 22  
 May 27  
 June 24  
 July 22  
 August 26  
 September 23  
 October 28

### MEMBER SPOTLIGHT

**Debi Johnson, with the Lake Pine Event Center will be our member spotlight for February.**

# NETWORK WELCOMES OUR NEW MEMBERS!

## ***Linda Campbell***

Personal Trainer

Linda is the co-owner of Bodies Fitness Studio and is a certified personal trainer.



## ***Tana McHale***

Customer Service Manager

Tana is the manager of the Customer Service Group at Pratt & Whitney Columbus Engine Center.

## ***Rose Jarmon***

Cosmetics Manager

Rose is the Cosmetics Counter Manager at Chu's Hair Salon

***We are so glad to have you in  
Network!!***

## **NETWORK SCHOLARSHIP OPPORTUNITY**

The Network for Professional and Executive Women has established a Scholarship Fund for women admitted to their junior or senior year of baccalaureate or post-baccalaureate programs. The purpose of the fund is to promote the professional development of women in our area. Both members and nonmembers of Network are eligible to apply. The application deadline is April 15 of each year. If you know of someone who is eligible, please let them know about this great opportunity. Applications may be downloaded off the Network webpage and submitted to the Awards Chair. Also, please feel free to contact the Awards Chair with any questions.

Karen Smith, Awards Chair

(706) 660-6103

[Karen.smith@crhs.net](mailto:Karen.smith@crhs.net)

# MORE NETWORK NEWS

## Board of Directors

### President

Sommer Bundy .....(706) 649-2631  
CB&T

### Immediate Past President

Jean Richardson .....(706) 644-2806  
CB&T

### Vice President

Kathy Reeves ..... (706)-576-6007  
Spring Harbor

### Secretary

Cathy Phillips .....(706) 687-1240  
Buffalo Rock

### Treasurer

Mary Bode .....(706) 225-3534  
Juvenile Drug Court

### Membership

Jann McMahan .....(706) 561-9800  
TriSource Solutions, LLC

### Member Relations

Durona Courtington.....(706) 320-2704  
St. Francis Hospital

### Special Events

Joy Hamilton .....(706) 596-3062  
Communicorp

### Awards

Karen Smith.....(706) 660-6103  
Columbus Regional

### Partners In Education

Wanda Johnson .....(706) 569-7992  
Columbus Hospice

Lanitra Menefee ..... 706) 221-6469  
Allstate Insurance

### WWW

Open

### Newsletter Editor

Pat Whipple .....(706) 494-5336  
Merrill Lynch

## Community Relations

Susan Henderson ..... (706) 569-3063  
Columbus State University

## Public Relations

Open

## Directory

Karen Smith ..... (706) 660-6103  
Columbus Regional

## 2011 BOARD MEETING DATES:

March 1

April 5

May 3

June 7

July 5

August 2

September 6

October 4

November 1

## SMILE FOR THE CAMERA

As we begin the new year, with the new website, we would like to update the pictures in our directory. This time, you can add your own photo. It can be casual, professional; you decide. It is very easy to do. Please set up your photo and bio this quarter. We'd love to see you!



***Well behaved women rarely make history!***

*-Laurel Thatcher Ulrich*